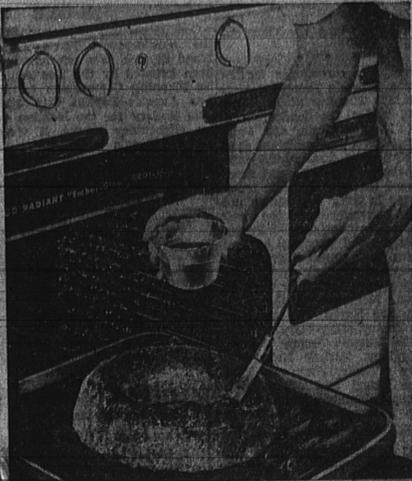


BROILED MEAT LOAF



BROILED MEAT LOAF MADE EASY
Recipe Tells You How

Ever wonder just exactly the proper way to broil a meat loaf?
Well, Miss Maxine Howe, noted home economist, will tell you to do it this way:
Mix the following ingredients until very well blended and pack into oiled quart ring mold. Store in refrigerator until needed.
Unmold—cold—meat—ring—on cold broiler grid. Place in preheated broiler six inches from low flame. Broil 18 minutes.

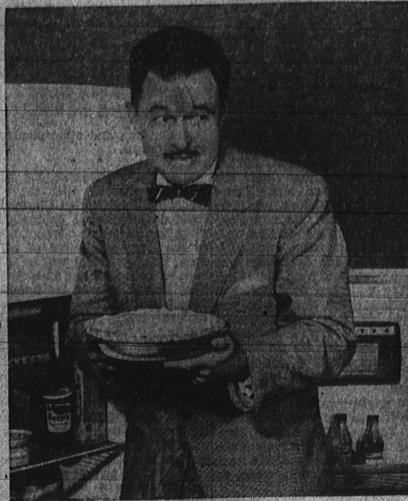
Now spread over the meat your favorite barbecue sauce. Broil 10 to 15 minutes longer—according to doneness desired.

INGREDIENTS:
1 1/2 lbs. ground beef
1/2 cup fine dry bread crumbs
1/2 cup milk
3 tbs. chili sauce
1 1/2 tsp. salt
1/2 tsp. pepper
1 onion, grated
barbecue sauce.



CHEF McCORMICK . . . Cook-O-Rama's master of ceremonies, Bren McCormick, doubles as chef and does a cooking stint to show men how easy it is to prepare favorite dishes. Above he puts the finishing touches on Beans-In-A-Hollow—a grand dish to serve when the man of the house entertains a bunch at home.

MARCH 11, 1954 TORRANCE HERALD



DAYLIGHT RAID . . . Bren McCormick, cooking school master of ceremonies, makes a daylight raid on the refrigerator when Miss Howe isn't looking. The lemon chiffon pie he has pilfered is one of the desserts Miss Howe will prepare on the first Cook-O-Rama program, March 11. There is more to the story and it will be told at the Civic Auditorium where these two veterans of kitchen craft will appear.

RICE AND LIMA BEAN BAKE
Mix together 2 cups medium white sauce, 2 cups grated American cheese, Tabasco sauce, 3 cups cooked rice, 2 cups cooked green lima beans. Top with crumbs. Bake at 350 degrees Fahrenheit 40 minutes.

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AND SALADS, TOO . . . Elegant salads, such as the Caesar, will make for o's! and ah's! of Cook-O-Rama visitors. Here Bren McCormick, master of ceremonies, shows how it is done.



TIME SAVES . . . Marilyn Moore, who plays the part of a bride in the Cook-O-Rama series which will open in the Civic Auditorium Thursday, demonstrates the saving of time when desserts, such as the luncheon parfaits, are made up ahead of time and stored in the freezer compartment of the Servel automatic gas refrigerator.

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